

We claim:

1. A method of treating and/or preventing a cardiovascular disease in a human suffering from an allergic and/or inflammatory condition of the skin or upper airway passages which comprises administering to such human in need of such treating and/or preventing an effective amount of an antihistamine, or a pharmaceutically acceptable salt thereof.

2. The method of claim 1, wherein the antihistamine is one of desloratadine, cetirizine, fexofenadine, ebastine, astemizole, norastemizole, epinastine, efletirizine, or a pharmaceutically acceptable salt thereof.

3. The method of claim 1, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 2.5 mg/day to about 45 mg/day.

4. The method of claim 3, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 15 mg/day.

5. The method of claim 4, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 10 mg/day.

6. The method of claim 5, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5mg/day.

7. The method of claim 1, wherein the allergic and/or inflammatory condition of the skin or airway passages is seasonal allergic rhinitis, perennial allergic rhinitis, atopic dermatitis, urticaria or allergic asthma.

8. The method of claim 1, wherein an effective amount of at least one leukotriene antagonist, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

9. The method of claim 1, wherein an effective amount of montelukast, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

10. A method of treating and/or preventing a cardiovascular disease in a human in need of such treating and/or preventing which comprises administering to such a human an effective amount of an antihistamine, or a pharmaceutically acceptable salt thereof.

11. The method of claim 10, wherein the antihistamine is one of desloratadine, cetirizine, fexofenadine, ebastine, astemizole, norastemizole, epinastine, efletirizine, or a pharmaceutically acceptable salt thereof.

12. The method of claim 10, wherein the antihistamine is desloratadine and the effective amount of desloratadine is in the range of about 2.5 mg/day to about 45 mg/day.

13. The method of claim 12, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 15 mg/day.

14. The method of claim 13, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 10 mg/day.

15. The method of claim 14, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day.

16. The method of claim 10, wherein an effective amount of at least one leukotriene antagonist, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

17. The method of claim 10, wherein an effective amount of montelukast, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

18. A method of treating and/or preventing a cardiovascular disease in a human suffering from seasonal or perennial allergic rhinitis which comprises administering to such human in need of such treating and/or preventing an effective amount of an antihistamine, or a pharmaceutically acceptable salt thereof.

19. The method of claim 18, wherein the antihistamine is one of desloratadine, cetirizine, fexofenadine, ebastine, astemizole, norastemizole, epinastine, efletirizine, or a pharmaceutically acceptable salt thereof.

20. The method of claim 18, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 2.5 mg/day to about 45 mg/day.

21. The method of claim 20, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 15 mg/day.

22. The method of claim 21, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 10 mg/day.

23. The method of claim 22, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day.

24. The method of claim 18, wherein the antihistamine is desloratadine and the human is suffering from seasonal allergic rhinitis.

25. The method of claim 18, wherein the antihistamine is desloratadine and the human is suffering from perennial allergic rhinitis.

26. The method of claim 18, wherein an effective amount of at least one leukotriene antagonist, or a pharmaceutically acceptable salt thereof, is

5 administered in admixture with the antihistamine.

27. The method of claim 18, wherein an effective amount of montelukast, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

28. A method of treating and/or preventing a cardiovascular disease in a human  
10 suffering from atopic dermatitis or urticaria which comprises administering to such human in need of such treating and/or preventing an effective amount of an antihistamine, or a pharmaceutically acceptable salt thereof.

29. The method of claim 28, wherein the antihistamine is one of  
descarboethoxyloratidine, cetirizine, fexofenadine, ebastine, astemizole,  
15 norastemizole, epinastine, efletirizine, or a pharmaceutically acceptable salt thereof.

30. The method of claim 28, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 2.5 mg/day to about 45 mg/day.

31. The method of claim 30, wherein the antihistamine is desloratadine and the  
20 effective amount of desloratadine is about 5 mg/day to about 15 mg/day.

32. The method of claim 31, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 10 mg/day.

33. The method of claim 32, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day.

34. The method of claim 28, wherein the patient is suffering from atopic dermatitis.

5 35. The method of claim 28, wherein the patient is suffering from urticaria.

36. The method of claim 28, wherein an effective amount of at least one leukotriene antagonist, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

37. The method of claim 28, wherein an effective amount of montelukast, or a  
10 pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

38. A method of treating and/or preventing cardiovascular diseases associated with an allergic and/or inflammatory condition of the skin or upper airway passages in a human which comprises administering to the human in need of or such treating  
15 and/or preventing an effective amount of an antihistamine, or a pharmaceutically acceptable salt thereof in admixture with at least one leukotriene antagonist, or a pharmaceutically acceptable salt thereof.

39. The method of claim 38, wherein the antihistamine is one of descarboethoxyloratidine, cetirizine, fexofenadine, ebastine, astemizole,  
20 norastemizole, epinastine, efletirizine, or a pharmaceutically acceptable salt thereof.

40. The method of claim 38, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 2.5 mg/day to about 45 mg/day.

41. The method of claim 40, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 15 mg/day.

42. The method of claim 42 wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day to about 10 mg/day.

5 43. The method of claim 42, wherein the antihistamine is desloratadine and the effective amount of desloratadine is about 5 mg/day.

44. The method of claim 38, wherein the allergic and/or inflammatory condition of the skin or airway passages is seasonal allergic rhinitis, perennial allergic rhinitis, atopic dermatitis, urticaria or allergic asthma.

10 45. The method of claim 38, wherein an effective amount of montelukast, or a pharmaceutically acceptable salt thereof, is administered in admixture with the antihistamine.

46. A method of treating and/or preventing cardiovascular diseases in a human associated with an allergic and/or inflammatory condition of the skin or upper  
15 airway passages which comprises administering to a human in need of or such treating and/or preventing an effective amount of an desloratadine, or a pharmaceutically acceptable salt thereof in admixture with an effective amount of montelukast, or a pharmaceutically acceptable salt thereof.

47. The method of claim 46, wherein the effective amount of desloratadine is  
20 about 5 mg/day to about 10 mg/day.

48. The method of claim 47, wherein the effective amount of desloratadine is about 5 mg/day.

